

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
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**Location Key:**  
 DR - Dining Room  
 LR - Living Room  
 TB - Tables in Living Room  
 MP - Multi Purpose Room  
 CS - Circle Seating  
 OG- Outdoor Gazebo  
 AL - Assisted Living  
*Activities are subject to change.*  
*Outdoor programs occur if weather permits*

**1**


**April Fool's Day**

9:30 Morning Movements  
 10:00 Snack, Chat & Hydration  
10:30 Daily Chronicles  
 11:00 Healthy Hands  
11:30 Lunch  
 1:30 Brain Game-Geographic Fun  
 2:30 Bingo  
 3:00 Snack & Chat  
 3:30 Tic Tac Toe



**2**

9:30 Balloon Ball  
 10:00 Snack Hydration  
10:30 Hair Do's  
 11:00 Healthy Hands  
11:30 Lunch  
 1:30 Lucky #7 Game  
 2:30 Rock Water Painting  
 3:00 Snack & Chat  
 3:30 Bingo



**3**

**Walking Day**

9:30 Chair Stretching  
 10:00 Snack Hydration  
10:30 Book Story Telling  
 11:00 Healthy Hands  
11:30 Lunch  
 1:30 Ring Toss  
 2:30 Bingo  
 3:00 Snack & Chat  
 3:30 Aroma & Music Therapy



**4**

9:30 Balloon Volley Ball  
 10:00 Brunch  
10:30 Flower Vase Arrangements  
 11:00 Healthy Hands  
11:30 Lunch  
 1:30 Bingo  
 2:30 Pet Therapy w/Penny  
 3:00 Refreshments  
 3:30 Words & Sentences



**5**

**Dandelion Day**

9:30 Nailcare and Eye Glass Cleaning  
 10:00 Refreshments  
10:30 Sensory Activity  
 11:00 Happy Hands  
11:30 Lunch  
 1:30 Bocce Ball  
 2:30 Lucky Number 7 Dice Game  
 3:00 Snack & Rock & Roll Music  
3:30 The Price is Right/Eversound



**6**

9:00 Reminiscing & Aroma Therapy  
10:00 Saturday Snack!  
10:30 Courtyard Stroll  
 11:00 Happy Hands  
11:30 Lunch  
 1:30 Dance to your Favorite Tune  
 2:30 Playdough Sculpting  
 3:00 Aroma Therapy & Book Reading  
 3:30 Soothing Exercise & Parachute Fun



**7**

9:00 Catholic Communion  
 9:30 Shadow Mountain Service  
 10:00 Refreshments  
 10:00 Catholic Mass  
 11:15 Healthy Hands  
11:30 Lunch  
 1:30 Bingo  
2:45 TV Sitcom  
3:00 Snack



**8**

9:30 Chair Yoga  
 10:00 Brunch  
10:30 Current Events  
 11:00 Healthy Hands  
11:30 Lunch  
 1:30 Bingo  
 2:30 Uno Card Game  
 3:00 Refreshments  
 3:30 Arts & Craft & Aroma Therapy



**9**

**Name Yourself Day**

9:30 Noodle Exercise  
 10:00 Snack  
10:30 Bean Bag Toss  
 11:00 Healthy Hands  
11:30 Lunch  
 1:30 Parachute Fun  
 2:30 Bingo  
 3:00 Refreshments  
 3:30 Lucky #7 Dice Game




**10**

9:30 Music Therapy & Stretching  
 10:00 Hydration  
10:30 Coupon Clipping  
 11:00 Healthy Hands  
11:30 Lunch  
 1:30 Aroma Therapy & Pictionary  
 2:30 Bingo  
 3:00 Snack & Reminiscing  
 3:30 Dot to Dot & Music

**11**

9:30 Morning Yoga  
 10:00 Brunch  
10:30 Reminiscing the Good Old' Days  
 11:00 Healthy Hands  
11:30 Lunch  
 1:30 Parachute Fun  
 2:30 Pet Therapy w/Penny  
 3:00 Refreshments  
 3:30 Bingo



**12**

9:30 Nailcare and Eye Glass Cleaning  
 10:00 Refreshments  
10:30 Book Story Telling  
 11:00 Happy Hands  
11:30 Lunch  
 1:30 Water Coloring  
 2:30 Puzzle Hour  
 3:00 Snack & Music  
3:30 Music Relaxation w/Eversound

**13**

9:00 Morning Stretch  
 10:00 Snack & Hydration  
10:30 Sensory Game  
 11:00 Happy Hands  
11:30 Lunch  
 1:30 Bingo  
 2:30 Aroma Therapy & Soothing Exercise  
 3:00 Netflix Movie



**14**

9:00 Catholic Communion  
 9:30 Shadow Mountain Service  
 10:00 Refreshments  
 10:00 Catholic Mass  
 11:15 Healthy Hands  
11:30 Lunch  
 1:30 Reminiscing  
2:45 Netflix Movie  
3:00 Refreshments



**NETFLIX**

**15**

**Patriot's Day**

9:30 Morning Stretch w/Noodles  
 10:00 Brunch  
10:30 Bean Bag Toss  
 11:00 Healthy Hands  
11:30 Lunch  
 1:30 Bingo  
 2:30 Trivia  
 3:00 Refreshments  
 3:30 Lucky #7 Dice Game



**16**

9:30 Soothing Exercise  
 10:00 Brunch & Hydration  
10:30 Story Telling & Reminiscing  
 11:00 Healthy Hands  
11:30 Lunch  
 1:30 Bingo—Double Bing Day!  
 2:30 Music & Dancing  
 3:00 Snack  
 3:30 Bingo



**17**

**Cheese Ball Day**

9:00 Morning TV Sitcom  
 10:00 Hydration  
10:30 Daily Chronicles  
 11:00 Healthy Hands  
11:30 Lunch  
 1:30 Parachute Fun  
 2:30 Bingo  
 3:00 Snack & 60's Music  
 3:30 Playing Cards 21 & Aroma Therapy



**18**

9:30 Sit & Fit  
 10:00 Hydration & Snack  
10:30 Current Events  
 11:00 Healthy Hands  
11:30 Lunch  
 1:30 Bingo  
 2:30 Pet Therapy w/Penny  
 3:00 Snack & Chat & Fun  
 3:30 Spelling Bee



**19**

9:30 Nailcare and Eye Glass Cleaning  
 10:00 Refreshments  
10:30 Coupon Clipping & Aroma Therapy  
 11:00 Happy Hands  
11:30 Lunch  
 1:30 Free Hand Drawing  
 2:30 Lucky Number 7 Dice Game  
 3:00 Snack & Relaxing Music  
3:30 Balloon Ball

**20**

9:00 Chair Exercise  
 10:00 Snack & Hydration  
10:30 Balloon Volley Ball  
 11:00 Happy Hands  
11:30 Lunch  
 1:30 Colorful Drawing  
 2:30 Bingo  
 3:00 Snack  
 3:00 Netflix Movie



**21**

9:00 Catholic Communion  
 9:30 Shadow Mountain Service  
 10:00 Refreshments  
 10:00 Catholic Mass  
 11:15 Healthy Hands  
11:30 Lunch  
 1:30 Bingo  
 3:00 Refreshments  
 3:30 Dance to Your Favorite Tune




**22**

**Earth Day**

9:30 Chair Yoga  
 10:00 Refreshments  
10:30 Magazine Article Reading  
 11:00 Healthy Hands  
11:30 Lunch  
 1:30 Parachute & Music Fun  
 2:30 Bingo & Aroma Therapy  
 3:00 Snack & Music  
 3:30 Word Making & Paragraphs




**23**

9:00 The Honeymooners Sitcom  
 10:00 Snack Hydration  
10:30 Coloring & Aroma Therapy  
 11:00 Healthy Hands  
11:30 Lunch  
 1:30 Music w/Raymond  
 2:30 Bingo  
 3:00 Snack, Chat & Oldies Music  
 3:30 Number Coloring



**24**

9:30 Noodle Exercise  
 10:00 Snack Hydration  
10:30 Word Search  
 11:00 Healthy Hands  
11:30 Lunch  
 1:30 Story Telling & Aroma Therapy  
 2:30 Water Coloring  
 3:00 Snack & Chat  
 3:30 Bingo



**25**

**World Book Day**

9:30 Sit & Stretch  
10:00 Snack & Hydration  
 10:30 Music & Aroma Therapy  
 11:00 Healthy Hands  
11:30 Lunch  
 1:30 Brain Game-Hang-Man  
 2:30 Pet Therapy w/Penny  
 3:00 Snack & 50's Music  
 3:30 Pictionary

**26**

9:30 Nailcare and Eye Glass Cleaning  
 10:00 Snack, Chat & Hydration  
 10:30 Block Staking  
 11:00 Happy Hands  
11:30 Lunch  
 1:30 Rock Painting  
 2:30 Ring Toss  
 3:00 Snack & Chat  
3:30 Music Therapy/Eversound



**27**

9:30 Noodle Exercise & Balloon Ball  
 10:00 Snack Time  
 10:30 Daily Chronicles  
 11:00 Happy Hands  
11:30 Lunch  
 1:30 Bingo  
2:30 Brain Game-Opposite Words  
 3:00 Snack & Chat & Music  
 3:30 Coloring Between the Lines



**28**

**SPRING**

9:00 Catholic Communion  
 9:30 Shadow Mountain Service  
 10:00 Refreshments  
 10:00 Catholic Mass  
 11:15 Healthy Hands  
11:30 Lunch  
 1:30 Music & Parachute Fun  
3:00 Refreshments  
 3:30 Bingo

**29**

**Dance Day**

9:30 Music Therapy & Stretching  
 10:00 Hydration  
10:30 News Paper Store Sales  
 11:00 Healthy Hands  
11:30 Lunch  
 1:30 Jokes, Riddle & Tongue Twisters  
 2:30 Bingo  
 3:00 Snack & 60's Music  
 3:30 Charades

**30**

9:30 Music Movements  
 10:00 Brunch  
10:30 Daily Chronicles  
 11:00 Healthy Hands  
11:30 Lunch  
 1:30 Ballon Ball & Parachute Fun  
 2:30 Garden Stroll  
 3:00 Refreshments  
 3:30 Bingo





# April 2024

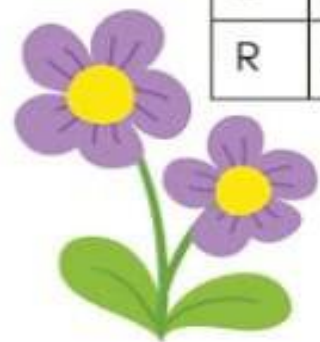
## Memory Care Activities Calendar

Sungarden Terrace  
 2045 Skyline Drive,  
 Lemon Grove, CA. 91945 (619) 464-2273



## SPRING WORD SEARCH

N	S	N	U	D	E	Y	L	V	D	C
S	P	G	A	R	D	E	N	E	W	R
N	R	O	D	R	A	I	N	B	O	W
Z	I	F	L	O	W	E	R	Y	D	S
G	N	B	L	O	O	M	X	V	M	L
Z	G	E	G	G	O	K	E	R	L	A
P	B	U	T	T	E	R	F	L	Y	D
W	I	B	L	Y	L	H	N	E	T	Y
G	R	A	S	S	B	U	N	N	Y	B
E	L	O	R	K	K	N	T	H	A	U
R	A	I	N	C	O	A	T	Z	Q	G



BUNNY  
GRASS  
BLOOM  
EGG

BUTTERFLY  
FLOWER  
GARDEN  
LADYBUG

RAINBOW  
SPRING  
NET  
RAINCOAT



Spring is the season of renewal, growth, and new beginnings. It's a time when the world awakens from its winter slumber, and nature comes alive with color, sound, and energy. From the first bloom of a flower to the return of migratory birds, spring is a season of beauty and wonder.





THE

Sungarden

TIMES



2045 Skyline Drive, Lemon Grove, CA 91945 Phone (619) 462-5831 Fax (844) 591-9133

License # 374603437

April 2024

Welcome to our  
community!

We offer - Assisted Living -  
Memory Care - Respite  
Stays

*Our Staff*

Administrator  
Director of Marketing  
Susan O'Shaughnessy

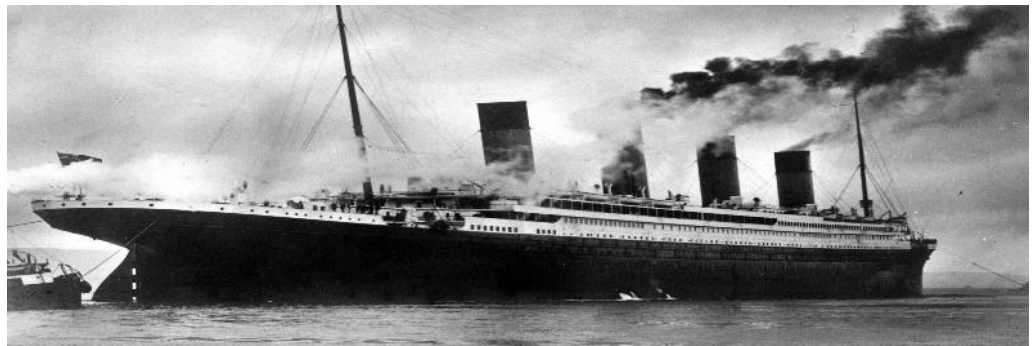
Culinary Director  
Cindy Ramos

Care Supervisor  
Claudia Munoz

Activities Director  
Marcos Ramos

Building Engineer  
Angel Rojas

## Titanic "Unsinkable Ship"

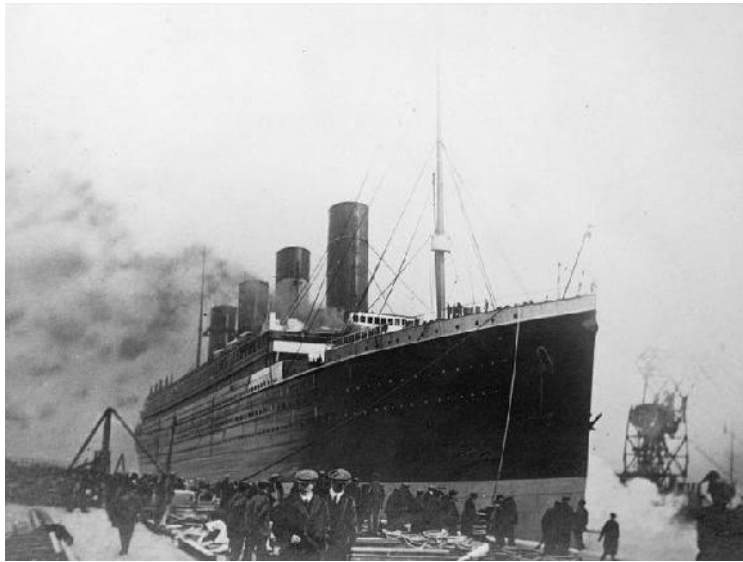


At 2:20 a.m. on April 15, 1912, the British ocean liner Titanic sinks into the North Atlantic Ocean about 400 miles south of Newfoundland, Canada. The massive ship, which carried 2,200 passengers and crew, had struck an iceberg two and half hours before. On April 10, the RMS Titanic, one of the largest and most luxurious ocean liners ever built, departed Southampton,

England, on its maiden voyage across the Atlantic Ocean. The Titanic was designed by the Irish shipbuilder William Pirrie and built in Belfast, and was thought to be the world's fastest ship. It spanned 883 feet from stern to bow, and its hull was divided into 16 compartments that were presumed to be watertight. Because four of these compartments could be flooded without causing a critical loss of buoyancy, the Titanic was considered unsinkable. While leaving port, the ship came within a couple of feet of the steamer New York but passed safely by, causing a general sigh of relief from the passengers massed on the Titanic's decks. On its first journey across the highly competitive Atlantic ferry route, the ship carried some 2,200 passengers and crew.

After stopping at Cherbourg, France, and Queenstown, Ireland, to pick up some final passengers, the massive vessel set out at full speed for New York City. However, just before midnight on April 14, the RMS Titanic failed to divert its course from an iceberg and ruptured at least five of its hull compartments. These compartments filled with water and pulled down the bow of the ship.

**Continue on**



Because the Titanic's compartments were not capped at the top, water from the ruptured compartments filled each succeeding compartment, causing the bow to sink and the stern to be raised up to an almost vertical position above the water. Then the Titanic broke in half, and, at about 2:20 a.m. on April 15, stern and bow sank to the ocean floor.

Because of a shortage of lifeboats and the lack of satisfactory emergency procedures, more than 1,500 people went down in the sinking ship or froze to death in the icy North Atlantic waters. Most of the 700 or so survivors were women and children. A number of notable American and British citizens died in the tragedy, including the noted British journalist William Thomas Stead and heirs to the Straus, Astor and Guggenheim fortunes. One hour and 20 minutes after Titanic went down, the Cunard liner Carpathia arrived. The survivors in the lifeboats were

brought aboard, and a handful of others were pulled out of the water. It was later discovered that the Leyland Lier Californian had been less than 20 miles away at the time of the accident but had failed to hear the Titanic's distress signals because its radio operator was off duty.

Announcement of details of the tragedy led to outrage on both sides of the Atlantic. In the disaster's aftermath, the first International Convention for Safety of Life at Sea was held in 1913. Rules were adopted requiring that every ship have lifeboat space for each person on board, and that lifeboat drills be held. An International Ice Patrol was established to monitor icebergs in the North Atlantic shipping lanes. It was also required that ships maintain a 24-hour radio watch.

#### **Interesting Fact :**

- The R.M.S. Titanic was a Royal Mail Ship. This designation meant the Titanic was officially responsible for delivering mail for the British postal service. On board the Titanic was a Sea Post Office with five mail clerks (two British and three American) who were responsible for the 3,423 sacks of mail (seven million individual pieces). Interestingly, although no mail has yet been recovered from the wreck of the Titanic, if it were, the U.S. Postal Service would still try to deliver it out of duty and because most of the mail was destined for the United States.
- Despite the fact that everyone knew the Titanic sunk and they had an idea of where that happened, it took 73 years to find the wreckage. Dr. Robert Ballard, an American oceanographer, found the Titanic on September 1, 1985 lying on the ocean floor at a depth of about 13,000 feet.







# About Our Community..

Sungarden Terrace is an assisted living community that has been open since July of 2000. We strive to offer a wide variety of activities to promote positive experiences through social interaction and success. We pride ourselves on having a “home-like” atmosphere where everyone feels like family, and we are so grateful for all of you.

## Meal Times

(may differ on holidays and special events)

Breakfast is served at 8:00am

Lunch is served at 12:00pm

Dinner is served at 5:00pm



## *“Here Comes the Sun”*

“Little Darlin’, it’s been a long, cold, lonely winter. Little Darlin’, it feels like years since it’s been here.

Here comes the sun...” (George Harrison).

What great lyrics to welcome Spring to Sungarden Terrace. Marcos, Angel and Jamie have been working tirelessly to return our patios and outdoor areas back to the blooming and vibrant spaces we appreciate during the warmer months.

New flowers have been added to the planter boxes bringing more color and texture for all of us to enjoy. I notice more residents sitting outside or strolling the pathways. Family members are appreciating the outdoor spaces to visit their loved ones, and are comfortably sitting under the pergola as they chat and share stories. The Resident Garden is getting a lot of attention as Marcos prepares the soil for this year’s bounty of herbs and fruit. The grapevine is sprouting and the citrus trees look promising. The kumquats have been claimed by a family member who magically turns the unusual fruit into delicious gifts of preserves.

There are remarkable benefits for our residents to join Marcos for gardening. Using one’s hands to work in the soil of the raised flower boxes is a form of exercise; so is watering, sweeping and pulling a weed. The social interaction of the group activity creates a sense of community due to the common goal of creating the growth of the plants. Being in the sun increases the intake of Vitamin D which improves the health of the immune system. The potential of the work, coupled with being in the fresh air, among nature, can leave the resident feeling relaxed, while reducing stress. And we haven’t even mentioned the

pure joy of observing hummingbirds, doves, lizards and butterflies!

“Little Darlin’, the smiles’ returning to their faces.” Here comes the sun...”

“It’s all right,”

Susan





*Yeah, it's St. Patty's Day.  
Everyone's Irish today.  
Let's dance and have some fun!*



*“Color in a picture is like enthusiasm in life “*

*-Vincent Van Gogh*



If you have any questions or would like to schedule a tour, Please contact Susan O'Shaughnessy at (619) 464 - CARE (2273)  
Our Website is [Sungardenterrace.com](http://Sungardenterrace.com)